

# C'EST *la vie*

WELLNESS & RETREATS

## BOOK AWAY NOW!

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### **Bel air Resort, Mont Tremblant, Canada**

Getting to Bel Air hotel Mont Tremblant is easy through Montreal's Trudeau International Airport from anywhere in the world!

Montreal is only 120 kms (75 miles) from Mont Tremblant or a 90-minute drive.

## ARE YOU READY

### FOR YOUR NEXT WELLNESS RETREAT?

It's time to pack your luggage and set off for a transformative experience where you will learn some rules to keep you fit and new habits to put some disciplines in place to get a change in behavior for a long term result.

## WEIGHT LOSS RETREAT

### 01-05 OCTOBER 2023

The OBJECTIVE is to start:

- Removing toxins from the whole body and to learn how to eat right,
  - Start healing the liver and removing the fat cells from the body,
  - Keep a high level of hydration,
    - Get moving,
- to give you tips on how to wind down, sleep better & to relax.



 @cestlaviewellnessretreat



It is a combination of seasonal plant-based cleansing cuisine and physical activities tailored to guest requirements and needs. Guests are engaged through learnings and practises. During masterclasses and workshops, you learn the basics about macro-nutrient balance, how to eat healthy, the importance of morning and night routines and hydration.

- We share a set of principles to get you started on the right path
- We help you improve your sleep.

You also balance your mind and body through restorative yoga and meditation sessions and healing massages.

You also share enjoyable moments and experiences with the group and coaches.

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C'est la vie wellness retreat offers to open a new cycle of your life focused on PREVENTION, HEALTHY LIVING & the PURSUIT OF WELLBEING.



We adopt a multidisciplinary & personalized approach to our method of work based on 3 dimensions of wellness:

PHYSICAL - MENTAL - SOCIAL



# Programme schedule

## DAY 1: ARRIVAL

- Around 2pm Welcome
- Presentation of the retreat & personalized program handed-out.
- Dream Bridge visit and photos

## DAY 2:

- Morning routine
- Body art
- Massage
- Workshop
- Lecture
- Meditation

## DAY 3:

- Morning routine
- Hike
- Lymph activation session
- Cooking workshop
- Restorative yoga

## DAY 4:

- Morning routine
- Yoga
- Massage
- Lecture
- Groove party

## DAY 5:

- Morning routine
- Breathwork
- Consultation
- Departure 12pm



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## The plant based menus

Are prepared with purpose, passion and love.

They are designed to give optimal plant-based nutrition and high energy.

We help you create the ideal your ideal weight loss strategy: with a balanced diet, herbal teas and multivitamins.

# WEIGHT LOSS RETREAT

## 01-05 OCT 2023

USD 2500/pers (Single occupancy)  
USD 2100/pers (Double occupancy)

### Price Inclusions:

- **A virtual one-on-one consultation before your arrival**
- **Nutritional recommendation guidance**
- **Plant-based menus based on herbal medicine, healing wild foods, organic fruits and vegetables.**
- **Three meals per person per night of stay (seasonal and local products when possible)**
- **Complementary healthy drinks, herbal teas**
- **Massages**
- **Exercise activities: Breathwork - Body art - Yoga- Hiking, Meditation and more...**
- **Complementary use of pool, sauna and fitness center at Bel Air Resort**
- **Accommodation in luxurious chalets shared with other guests..**

### It doesn't include:

- Travel expenses including the round-trip airport transfer.
- Extra activities including spa treatments and other activities offered in Bel air resort and not included in your personalized retreat.



*"THANK YOU FOR THE  
MEMORABLE EXPERIENCE.  
LEFT STRONGER, LIGHTER, AND  
INSPIRED ... READY TO STEP IN  
THE RIGHT PATH AGAIN. I HAVE  
BEEN TO WELLNESS RETREATS  
BEFORE, BUT THIS ONE WAS  
LIKE NO OTHER..."*

*-GRACE D.*

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**We map out each program  
with guest specific goals and  
needs in mind.**

**From plates and drinks to  
exercises and lectures  
allowing you to start a full  
mind and body  
transformation.**